

# CHELA Wellness

HOLISTIC WELLBEING FOR WOMEN & YOUNG GIRLS

**FEE-FOR-SERVICE PROGRAMS |  
COMMUNITY PROGRAMS | WORKSHOPS**



# OUR OFFERINGS



CHELA creates culturally grounded wellbeing experiences for First Nations women and girls, communities, and organisations through programs, workshops and facilitated learning spaces. Our offerings are designed to support connection, regulation, reflection and culturally safe engagement across community, education and workplace settings.

## **we value:**

*Community*

*Empowerment*

*Care*

*Encouragement*

*Joy*

# SIGNATURE PROGRAMS

*For deeper transformation, wellbeing and leadership development.*

## **CHELA RISE**

*CHELA RISE is designed for Aboriginal and Torres Strait Islander women aged 18+ who want to reconnect with themselves, their strengths and their community.*

*This program offers a culturally grounded and nurturing space for women to slow down, reconnect and build confidence through guided reflection, shared learning and community care. Sessions may explore themes such as identity, self-worth, emotional wellbeing, nervous system support, rest, creativity and connection.*

*Delivered as a 6–10 week journey, CHELA RISE is adaptable to the needs of each community and can be shaped to support specific wellbeing outcomes. Available for community groups, women's programs and organisations supporting Aboriginal and Torres Strait Islander women.*



## **YOUNG CHELA**

*YOUNG CHELA is the youth branch of CHELA Wellness, supporting First Nations girls aged 12–18 to strengthen wellbeing, identity and leadership. Through creative expression, strengths-based mentoring and culturally safe facilitation, young women are supported to build self-worth, explore identity and develop the confidence to lead in their own way. Sessions are designed to be engaging, age-appropriate and grounded in connection, creativity and care.*

*Delivered in 6–10 week formats, YOUNG CHELA is suitable for schools, youth organisations and community programs.*

*Available for schools, youth services and community organisations.*

# WORKSHOPS & PROFESSIONAL DEVELOPMENT

*Short-form, practical and reflective offerings for teams, organisations and communities.*

## **WARL WARL**

*In Burarra language: slow down, calm down, go gently*

WARL WARL is a restorative wellbeing workshop designed for corporate and organisational teams who need space to pause, regulate and reset.

This session offers practical nervous system support through gentle grounding practices, reflection and guided regulation tools that support wellbeing in the workplace. Designed to reduce overwhelm and encourage sustainable ways of working, WARL WARL creates space for teams to reconnect with themselves and each other.

Available as a 1-hour session, with extended formats available upon request. Ideal for staff wellbeing days, team care sessions and workplace wellbeing initiatives.

## **Cultivating Spaces with Care**

A 4-hour professional development workshop on creating trauma-informed and culturally safe spaces.

This reflective and practical workshop explores what it means to create spaces where people feel safe, respected and supported. Through guided conversation and shared learning, participants explore how language, choice, environment and lived experience shape the way people engage in a space. Participants leave with practical tools to support safer, more intentional and culturally responsive facilitation.

*Ideal for educators, facilitators, service providers, arts organisations and community-facing teams.*

## **Tailored Workshops & Facilitation**

Responsive, flexible and designed to meet the needs of your people, place or organisation.

CHELA offers customised workshops, facilitated sessions and wellbeing experiences designed in response to the needs of your community, team or organisation.

From one-off workshops and yarning circles to team wellbeing sessions and co-designed offerings, each experience is grounded, culturally responsive and tailored to suit your space.

*Available as one-off workshops, multi-session series and bespoke facilitation.*

# WHO WE WORK WITH

CHELA works across community, education, arts and organisational settings, partnering with those seeking culturally grounded and trauma-informed approaches to wellbeing, facilitation and care.

## We work with:

- Community organisations
- Schools and youth services
- Arts and creative organisations
- First Nations programs and initiatives
- Corporate and workplace teams
- Health, wellbeing and social service providers
- Entrepreneurs and founders seeking one-on-one wellbeing support



# OUR HOLISTIC APPROACH

At CHELA, we combine practices that support women and young girls to feel grounded, confident, and connected.

Our programs include:

- **Guided yarning circles** – fostering connection and belonging
- **Peer mentoring & support networks** – building lasting community
- **Somatic movement & creative expression** – reconnecting with the body and creativity
- **Strengths-based & trauma-informed practices** – supporting growth safely
- **Leadership & empowerment coaching** – nurturing confidence and agency
- **Mindfulness & meditation** – tools for grounding and presence
- **Sound healing & restorative practices** – balancing mind, body, and energy
- **Rituals for self-care, reflection & celebration** – intentional practices for wellbeing
- **Breathwork & body awareness** – simple ways to regulate, reset, and thrive



# READY TO BRING CHELA TO YOUR ORGANISATION, COMMUNITY, OR GROUP?

We'd love to chat about how we can tailor a program to your needs.

Contact us:

Email: [chelawellness@gmail.com](mailto:chelawellness@gmail.com)

phone number: 0487377028

Website: [www.chelawellness.com.au](http://www.chelawellness.com.au)

\_\_Socials: @chelawellness

